

# TALON

Operation Joint Forge  
Saturday, December 9, 2000

Task Force Eagle  
[www.tfeagle.army.mil](http://www.tfeagle.army.mil)

## Apache Helicopters Take Flight For Operation Condor

A photograph of two Apache helicopters on a runway. The helicopter in the foreground is a Black Hawk, and the one in the background is an Apache. They are both facing right. The background shows a hilly landscape under a cloudy sky.

Bobby Bell Band Rocks McGovern  
'Mr. Belding' Visits Eagle  
8,000 Cookies Travel 5,000 Miles

# THE SPIRIT OF ST. NICHOLAS

**I**n early December, our thoughts turn toward Christmas, the celebration of the birth of Jesus Christ. One of the figures who colors this wonderful season is St. Nicholas, known by many names, such as Santa Clause, Kriss Kringle or Father Christmas. St. Nicholas was a true figure. Born in the late third century, in the city of Patera, in what is now known as Turkey, Nicholas was from a pious Christian family, in an age when the Roman Empire persecuted Christianity. Even as a young boy, Nicholas was devoted to God, and had a kind and loving character. As a young man, he gave his life to God as a priest.

Nicholas' parents died when he was young, leaving him quite wealthy. He developed a reputation among the people for generosity. On one occasion, a poor man was on the brink of selling his three daughters into prostitution. Nicholas, on three successive nights, left bags of gold on their doorstep, thus giving the girls dowries, so they could be married.

When the bishop of the nearby city of Myra died, Nicholas was chosen to be his replacement.

During the reign of the emperor Diocletian, the height of the persecution of Christians, Nicholas was imprisoned for his faith. There, he tirelessly encouraged his fellow prisoners to keep their faith. Then, Constantine became Emperor, and decreed toleration for Christianity.

Not long after, Constantine convened a great Church Council, at which St. Nicholas forcefully defended the faith against the heretical teachings of a man named Arius. Nicholas, in his enthusiasm, got a bit carried away. One day, while listening to Arius drone on with his blasphemous words, Nicholas jumped up and punched him in the nose! He was briefly imprisoned, but was quickly forgiven.

Nicholas was blessed with a long life, ministering to his flock, helping the poor and protecting the innocent. He died in the year 330 AD, and is considered the patron saint of children, sailors and the nation of Russia.

May the same spirit that energized St. Nicholas – the spirit of compassion, giving and zeal for God – fill us this holy season. We too, can overcome adversity and make a difference in the lives of people, with the help of God.

## Thoughts For The Day

**Saturday:** A job worth doing and friends worth having make life worth living.

**Sunday:** No one is too good or too bad not to be a candidate for salvation.

**Monday:** An unread Bible usually belongs to an unfed believer.

**Tuesday:** Compassion is the capacity to put love into action.

**Wednesday:** He that will not command his thoughts will soon lose command of his actions.

**Thursday:** Freedom does not give us the right to do as we please, but the liberty to do as we ought.

**Friday:** If absence makes the heart grow fonder, some people must really love church.

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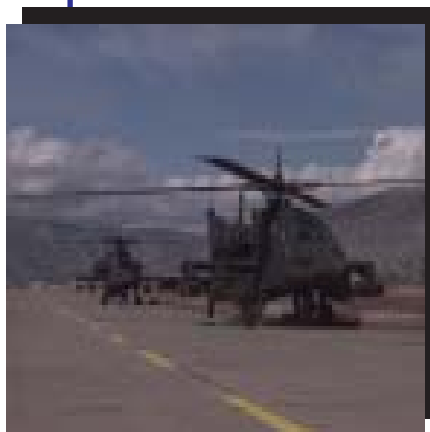
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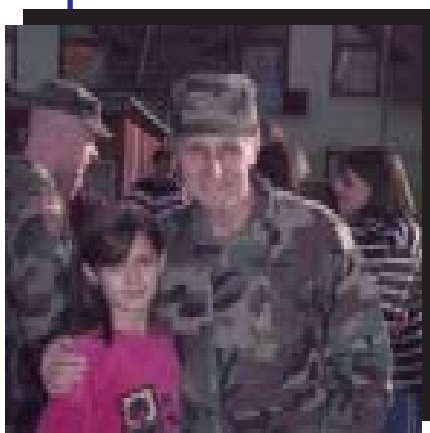
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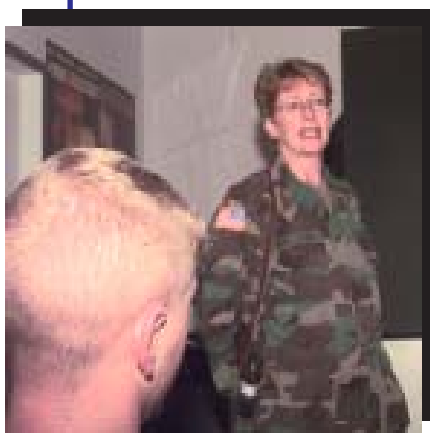
Operation Condor kicks off for TF Eagle. Pictured are two AH-64 Apache Helicopters, rotors turning and prepared to take flight from Mostar Airport. (Photo by Sgt. David Lietz)



## MIHATOVICI STUDENTS RECIEVE A VISIT

8

Brig. Gen. Ferrell takes a day off to speak to students at the refugee camp, and to have a little fun. (Photo by Spc. Stephanie L. Bunting)



## KEEPING FIT

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Soldiers at Camp Dobol are taught a lesson or two on keeping fit and healthy. (Photo by Spc. Christopher Carney)

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Correction: The December 2, 2000 *TALON*, on page 7, the 422nd CA is one of many units that make up CIMIC. The Roma Camp project is an ongoing CIMIC mission.

# POSITIVE ATTITUDE IS YOUR KEY TO SUCCESS

By **Command Sgt. Maj. William J. Gainey**

*Command Sgt. Maj., 2nd Bde., 3d Infantry Division  
(Mechanized)*

**W**e are well into the mission and are performing all tasks to the highest standards. As we continue our service in the Balkans, we must continually reevaluate our attitude so we maintain the proper level of motivation, esprit de corps and 'drive-on-spirit' required during our deployment.

Our duties can be very demanding and may, at times, seem much to bear. Your attitude, though, will remain the key component in determining the way you approach your duties and how you relate to those serving around you, good or bad.

Attitude is a reflection of the person inside. While the external circumstances in your life may seem hectic, you can always chart a path of excellence by assuming a positive mental attitude. There are many historical examples of how a strong positive attitude can be the difference between triumph and defeat.

Maj. Gen. Joshua L. Chamberlain was a self-taught college professor from Maine who volunteered for service in the Union Army during the Civil War. During the Battle of Gettysburg, then Col. Chamberlain led the 20th Maine Infantry Regiment to the defense of Little Round Top and ultimately saved the day for the Army on the Potomac. For his actions, he was awarded the Medal of Honor by Congress. In his career, he was wounded six times, and contracted malaria, but he always returned to lead his men in the most arduous of situations.

Later in life, Maj. Gen. Chamberlain served as president of Bowdoin College and four term governor of the state of Maine. Chamberlain's rich life can clearly be attributed to his attitude of tackling the toughest situations.

Another great example of how far a positive attitude can take you is the British Antarctic explorer, Lt. Ernest Shackleton. Although he failed several attempts to reach the South Pole, Shackleton remained vigilant in his quest. Ultimately, a Norwegian explorer achieved the goal before him, the unfettered Shackleton challenged himself again with an even greater quest, to be the first to cross the Antarctic continent.

On the way to the coast to begin his trek, Lt. Shackleton's ship became frozen in the ice and sank. What followed was an epic story of survival that included exploits of sailing open lifeboats in winter seas, living off the land and enduring over 18 months in subfreezing weather! There have been numerous books written about the and adventure all crediting the crew's miraculous survival to Lt. Shackleton's leadership and positive attitude.

I ran across the following poem and it reminded me of how important a positive attitude can be during any adverse situation. Read it carefully and reflect on how your perception of life may become easily tainted by not recognizing the goodness in the duties that you perform.



**Command Sgt. Maj. William J. Gainey**

*I woke up early today, excited over all I get to do before the clock strikes midnight. I have responsibilities to fulfill today. I am important. My job is to choose what kind of day I am going to have.*

*Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered.*

*Today I can feel sad that I don't have more money or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.*

*Today I can grumble about my health or I can rejoice that I am alive.*

*Today I can lament over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.*

*Today I can mourn my lack of friends or I can excitedly embark upon a quest to discover new relationships.*

*Today I can whine because I have to go to work or I can shout for joy because I have a job to do.*

*Today stretches ahead of me, waiting to be shaped. And here I am, the sculptor who gets to do the shaping.*

*What today will be like is up to me. I get to choose what kind of day I will have!*

—Author unknown

As you reflect on these words, I hope you see that your attitudes truly shape the life you lead. Having a great attitude is not the result of having a great life; instead, having a great life is the result of a great attitude! I challenge everyone to maintain a positive attitude and a lasting 'drive on' spirit to ensure a secure and stable environment for the people of Bosnia-Herzegovina.

***Rock of the Marne and Send Me!***

# CAMP DOBOL ENDURES INTENSE READINESS EXERCISE

Story and photos

By Sgt. Noreen L. Feeney

318<sup>th</sup> PCH, Camp Dobol

An unknown civilian vehicle makes its way to the main gate at Camp Dobol. There is nothing unusual about this situation. It looks like one of the local contractor's private cars. The driver is sitting there, head in hand, impatiently waiting his turn to get inside. There is a vehicle already being carefully inspected before being allowed entrance into the camp. As the civilian vehicle moves up to the guards, a bomb in the back explodes, creating havoc at the entrance to the camp.

An alarm goes off, all soldiers in the camp scramble, taking up fighting positions,



**INITIAL CARE—Medics of the 3 ID (M) practice emergency first aid to the 'wounded'. They evacuated the injured by ground and air transport.**

manning armored vehicles and providing first aid to wounded. There is shouting, moaning, anger and fright.

This was a Force Protection Training Exercise held here Nov. 25. The simulated threat ensures soldiers are prepared for emergencies and do not panic in case of a real world attack..

"We learned a lot of things," said 2nd Lt. Anthony Cooper, Medical Platoon Leader for Headquarters and Headquarters Company, 1st Battalion, 64th Armor Regiment, 3d Infantry Division (Mechanized), "there are always things to improve on. That's why we have these drills."

This type of exercise is like a page from a football team's playbook. In one situation, these soldiers will occupy this area and perform this task, while other soldiers guard that position and take care of that task. If the situation changes, no one needs to call an 'audible' since most possibilities were covered. The standard plan created will be

practiced regularly since, as with every winning football team, everyone relies on each other for the drill to be successful.

Each soldier has a specific job to do when the alarm sounds. Some guard the entrances from further attack. Some grab their medical bags and help casualties. Some record the event for the sake of history. All work together as a tight-knit, well-trained Army team.

Held at the very strategic time of dusk, the soldiers went through the drill with daylight turning into darkness, giving them the added opportunity to train in various lighting situations.

The exercise went off without a hitch. Soldiers took their positions immediately. The gates were under guarded protection within moments of the 'attack'. The soldiers that were 'wounded' were swiftly gathered together in a makeshift triage area. The medics from HHC 1-64 AR were able to give their undivided attention to their comrades on the ground, knowing that the camp was thoroughly secured by the rest of the Task Force. "I thought we did pretty well," said 2nd Lt. Cooper.

"We were ready and able to spread out in such a manner as to be able to immediately get to the wounded, wherever inside the camp they may be," said 2nd Lt. Cooper.

When the drill to secure the camp was completed flawlessly, the exercise then focused on treating the wounded and getting them advanced medical care. Soldiers throughout the camp were promptly reassigned as litter bearers. As the injured soldiers were bandaged and



**EVAC—The 3 ID (M) medics at Camp Dobol carefully carry a patient to an ambulance, out of harm's way.**

packaged for travel, arrangements were made to transport the casualties to area hospitals by way of ambulance and helicopter.

As the Army trains its soldiers as though they were in actual combat, drilling will be no less realistic.

The ambulances backed in and were loaded with the injured and then transported them to the hospital with a heavily armed escort, just as if the incident actually occurred.

A medical evacuation was called for the more critically hurt. As soon as the helicopter landed at the site, it too was loaded as efficiently as physically possible, and the injured were airlifted to the nearest medical facility.

With the camp totally secured and the casualties safely taken for treatment, the exercise was completed and declared a success.

"The best thing I learned was the capabilities of my noncommissioned officers and how they were able to act so quickly when the action got started," 2nd Lt. Cooper said. "It's exciting to see everything come together and work."

**AT THE READY—The 3 ID (M) soldiers at Camp Dobol take up hasty fighting positions, like this soldier in the turret of a Humvee, to defend the camp and the rest of the soldiers that may be harmed.**





**TAKE OFF**—Two Blackhawk helicopters take off during Operation Condor, on their way to perform a sling-load exercise.

# OPERATI

**LOADED**—A Blackhawk sling loads a French 120 MM mortar high into the sky during Operation Condor. The training exercise gave Blackhawk pilots experience in lifting this type of equipment.



**Story and photos**  
**By Sgt. David Lietz**  
*318th PCH, Eagle Base*

**L**ike mighty condors flying gracefully, the Blackhawk helicopters emerged slowly from the distance. With their noses up, they roared gently back to earth, setting down to pick up their cargo of troops and equipment. Operation Condor has started.

Helicopter crews and soldiers from Germany, France and the United States trained together Nov. 20 and 21 in a joint airmobile-training exercise in Mostar, Bosnia-Herzegovina.

"It's the first time French soldiers from the French Battle Group will have the opportunity to work with Blackhawk helicopters," said Lt. Col. Gary Servold, Commander, Task Force 2-3 Aviation.

In spite of the rainy, cloudy skies on the exercise day, the training exercise provided the opportunity for French troops to learn about airmobile operations. This included Blackhawk familiarization training, including emergency procedures and the proper entrance and exit techniques.

"Once you get into the helicopter, there will be no moving around until we land," explained Blackhawk Crewchief Sgt. Scott Rose to a French interpreter who, in turn, translated for French troops sitting in the Blackhawk.

With the engines off, the trainers conducted cold-load training on the first day.

Cold-load training is done with the helicopter engines off so soldiers can practice entering, strapping into the seats, then exiting the aircraft. Hot-load training was completed on day two at full combat speed, engines on and soldiers running to the aircraft, taking off and then hitting the landing zone.

Sgt. Rose also covered landing procedures, making sure gun barrels were pointed downward. Then Sgt. Rose explained the aviation life support vest, which Blackhawk crew members wear during flight, and some of the items in the vest like the emergency radio and first aid kit. Then it was time to show the next chalk, or group, of French soldiers how to strap in.

Next, he covered on board the aircraft two-minute warning comes into the land.

"We will open th

By all accounts, training.

"It's like in the A between the Blackha Cpl. Christian Nicol "The Blackhawk is happy in the Blackh

"This mission gi other foreign nation training conducted a many of the unit's r load and air-mover working closely wit Blackhawk pilots to standard loads, like t armored reconnaiss

"We're lifting Fr lifted by our Blackha Bde. Public Affairs C

"We're going to n operations," said Ch looking forward to c

On day two, Blac helicopters and the they fight. They took up zone, hooking up to insertion points. I mortars for the first t

Pfc. Robert Pache load harness. "Basic come into a hover an

**STRAP IN**—Sgt. Scott Rose, a Blackhawk Crewchief, 2-3 AV at Camp Comanche, shows French soldiers how to strap into a Blackhawk seat during Operation Condor.



# ON CONDOR

the warnings crew chief's issue to the soldiers as they prepare to land: five-minute warning, g, and one-minute warning as the helicopter ing zone.

the doors and you can get out," said Sgt. Rose. the French soldiers learned a lot from the

merican movies. But there's a big difference awk and the Puma (a french helicopter)," said ay, 3rd Company Squad Leader, French Army. more compact and tactical. We will be very awk," Lt. Col Servold said.

ves soldiers an opportunity to interact with al armed forces." According to Servold, the s part of Operation Condor also accomplishes mission essential tasks. This included sling- ment operations, airspace coordination and h ground units. It was also an opportunity for o familiarize themselves with carrying non- he 3,000-pound, 120 mm mortars and French ance vehicle, which weigh 7,000 pounds. ench 120 mm mortars which have never been awk crews," said Major Todd Morris, 3rd Avn. Officer.

maximize on sling-load training and multi-ship hief Warrant officer Dave Messersmith. "I'm rrying the ABL and mortar tubes."

khawks, OH-58 Kiowa Warrior and Apache German Army CH-53 helicopters trained as k to the skies, alternately coming into the pick to French ABL vehicles and carrying soldiers Blackhawk pilots carried the French 120 mm time.

co, Blackhawk Crewchief, was wearing a sling- ally we will land next to the mortar tube. We nd pick up the load. The trick is to be straight

up and down."

Pfc. Pacheco will lie down and look through the cargo hold door to help guide the pilot over the load.

Spc. Sean Stewart, D Company, 2-3 Aviation said, "Usually the way we do it is in a three-man team. You have a ground guide who stands 50 meters in front of the aircraft, a ground guy to ground the aircraft of static electricity and you have your hook up man underneath."

As the aircrews and soldiers left for their respective bases after the exercise, they could feel secure in the knowledge that, if needed, they could launch and successfully carry out an airmobile mission anywhere, anytime.

**FLIGHTLINE**—A fleet of Blackhawk's on the flight line at Mostar airport await the start of Operation Condor.





**HEAD OF THE CLASS**—Brig. Gen. Ferrell stands among students at Mihatovici.

# BG FERRELL RESTORES HOPE IN CHILDREN

**Story and photos  
By Spc. Stephanie L. Bunting  
65<sup>th</sup> PCH, Eagle Base**

Although he spoke very little of the local language, Brig. Gen. Stephen Ferrell, Assistant Division Commander, Multinational Division (North), had a clear message when he was greeted by a class of 13 and 14-year-old students at the school at the Mihatovici refugee camp. Without hesitation, he began to tell the students about SFOR's mission, the American forces, and about growing up with a father who was in the U.S. Army and fought in World War II.

In 1974, Brig. Gen. Ferrell followed his father's footsteps and joined the U.S. Army. With almost 27 years in service, Brig. Gen. Ferrell related a simple message, "I enjoy my job in the Army."

"The job of the Army is not to make war, it's to prevent war. It's very important that you know this," said Brig. Gen. Ferrell, "we have an Army, so that there will not be wars, and if there were a war, then our Army must fight the war, but this is not what we want."

"We are anxious that your country will be successful with a good economy and safe country," said Brig. Gen. Ferrell. He finished his talk by bringing up three subjects he wished for the students to focus on.

Education for each and every child in Bosnia-Herzegovina was Brig. Gen. Ferrell's number one item, stating "your education can do many things for you. so study hard, work hard, and learn as much as you can."

Second, the children should have dreams and goals of their own and they should work to fulfill them. The most important thing mentioned was for the students to work toward their dreams. "Keep your dreams alive," said Brig. Gen. Ferrell.

Safety was the third and final point made by Brig. Gen. Ferrell. The war in Bosnia brought unbelievable numbers of weapons, mines, explosives and other dangerous items into the children's lives and environment. If they were to come across any of these items, they were asked to report them to their parents, teachers and local police forces. Although he knew the students were aware of the threat, Brig. Gen. Ferrell urged them to avoid dangers such as mines and uncleared areas.

Immediately following Brig. Gen. Ferrell's remarks, a student asked how old his mother was. The reply brought a few amazed looks when Brig. Gen. Ferrell said she is 83 years old.

Brig. Gen. Ferrell mentioned that he often is amazed with the elderly he sees in Bosnia-Herzegovina and is, "impressed

with how hard they work," and they seem to him to be in very good shape. In addition, "the Bosnian people are very hard working people," said Brig. Gen. Ferrell.

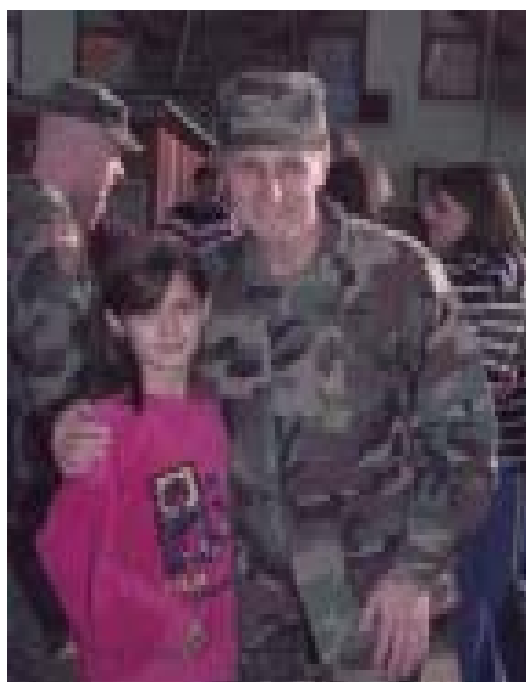
Brig. Gen. Ferrell next asked who their favorite sports player was. Many students chimed in the name of "Ivan," a soccer player from Holland.

After a brief discussion, Brig. Gen. Ferrell informed the children his team brought soccer balls for them to take care of. Brig. Gen. Ferrell jokingly added he would return

to see if they still had them. Before anyone knew what was coming, a soccer ball came bouncing in the room and Brig. Gen. Ferrell and Dragon, his interpreter, kicked it around a few seconds as the class cheered and clapped.

"Today I was just having fun playing with the kids, and I wanted them to have a new ball, because the one they were playing with was kind of old and shabby. I'm just doing what I can to make the day better," said Sgt. Anthony Hardy, 3d Infantry Division (Mechanized).

**CARING HEART**—Brig. Gen. Ferrell takes time to talk to Bosnia-Herzegovina youth.



# THE BOBBY BELL BAND, THESE GUYS CAN PLAY

Story and photo

By Spc. Jodie Moore

318<sup>th</sup> PCH, Camp McGovern

Camp McGovern soldiers got a taste of blues, funk and rock when the Bobby Bell Touring Show Blues Band entertained the soldiers here. The band, which has been together for seven years, put on a crowd pleasing performance Nov. 24 at the McGovern center.

Blues, funk, rock, rap and country are all in the bands' repertoire. All genres were covered by the band at the concert.

"I play blues, rock and funk. I do everything. I like all kinds of music. I don't pigeonhole myself, but blues is one of the things I started on," said Bell. "Just growing up listening to people like Hendrix, Sam Cooke, B.B. King, all of the great's influenced my playing and my singing."

Bell, a native of Boston who lives in New York, says church music also influenced his playing style. He believes that much of today's music is derived from gospel music. "It's all based on gospel," said Bell.

The audience showed their enthusiasm throughout the show by clapping and some even dancing in the aisles. Many soldiers stayed after the performance to buy t-shirts and Bobby Bell's CD.

"It was excellent, outstanding," said Staff Sgt. Stanley W. McCauley, Headquarters and Headquarters Company 3rd Battalion, 15th Infantry Regiment, about the concert. "It really made me feel at home," he said

Crowd participation went to another level during the show when Bobby Bell allowed soldiers to come on stage and showcase their talents. Spc. B.W. Labbie,



**GO BOBBY, GO—Bobby Bell, from New York, right, plays along with band member Bill J. White, also from New York during the concert. The band has been together for seven years.**

Alpha Company 3-15 IN played guitar, Sgt. Ebert R. Mark, Charlie Company 3-15 IN played the drums, and Sgt. 1st Class Morris B. Lee, Bravo Company 1-252 AR, played the keyboard.

Sgt. 1st Class Lee was thrilled by his chance to play with Bobby Bell's band. "Awesome," he said, "a big surprise. Always be ready though," he added.

Sgt. 1st Class Morris, a self described fan of blues and R&B, enjoyed the concert itself as well as his performance. "Blues and R&B, that's my style," he said.

"I think it was a wonderful show. I enjoyed the crowd participation. I think MWR (Morale, Welfare and Recreation) is doing a good job in keeping the soldiers moral up," said Kevin D. Zayas, 3rd Soldiers Support Battalion.

Bell says he continues to entertain and play music because he feels it is his destiny. It was his first love.

"I continue to play music because this is one of the areas of my life that I have gotten a chance to express myself.

Everything I've done has always led back to music. It's my love, that's where I get the most enjoyment. I don't think there could be anything else I could do," Bell said.

Bell said he gets an even bigger enjoyment playing for the troops. He doesn't even mind the living conditions he must endure so that he can entertain the troops.

"I love playing music. I love playing for the troops. I'm doing something most musicians would love to do," he said.

His band mate, Bill J. White, guitarist, echoed his response.

"I'm having fun. This is my first time in Bosnia. I appreciate the guys (here) enjoying us. It's nice to be appreciated," said White.

Bell said that the energy he gets from the troops is wonderful. Even with a smaller audience the energy level tends to be high. This is why he tours and continues to tour.

"I would encourage every band to do this at least once. The response has been incredible," said Bell.

## WINTER IS THE MOST DIFFICULT DRIVING SEASON

Story by Maj. Randall Fernette

Eagle Base Safety Officer

History shows through complacency or sloppy driving, we can make Balkan driving even more dangerous than it already is.

Slow down before entering curves, stay in your lane, and be alert for the "other guy" who may come barreling around the corner on your side of the road. Remember, if you have to cut the corner to safely make it around the curve, you are probably driving too fast for road conditions.

Maintain a safe distance when behind slower moving vehicles. This provides a better view of the road conditions ahead and gives you room to begin accelerating before pulling out to pass. Make your own decision when to pass, even if the lead vehicle advises it's safe. You are the one who must live with the consequences.

Civilian vehicles passing you from behind will frequently pull directly in front of you, reducing your following distance to nearly

nothing. Ease off the accelerator and immediately establish a safe interval. Be prepared for the vehicle that just passed you to suddenly put on his brakes and stop in front of you to make an unannounced turn.

As winter weather closes in, remember to adjust your following distances on wet or icy roads. Depending on the weight of your vehicle, it may take 3 to twelve times longer to stop on ice. Drive slowly, don't disrupt traffic flow by going faster than others.

Beware of shaded spots, bridges and overpasses, which are likely to ice over faster than the rest of the roadway. To help prevent skids, anticipate lane changes, turns and curves. Slow down in advance and make smooth, precise movements of the steering wheel. To stop, ease off the accelerator slowly and depress the brake pedal allowing the wheels to keep rolling. If they start to lock up, ease off the brake pedal.

Always practice defensive driving, stay alert and don't take unnecessary chances. Plan missions carefully, do a thorough risk assessment and take winter driver training seriously.

# FIT EAGLE WELLNESS PROGRAM...

## TFME TEACHES CAMP DOBOL HEALTHY HABITS

Story by Spc. Christopher Carney  
Photos by Pvt. Mikal Calvert  
318th PCH, Eagle Base

Recently the 'Fit Eagle Wellness Program' took place at Camp Dobol. Four members of Task Force Med Eagle teach the class to promote health and wellness and to keep soldiers thinking about making healthy decisions in their lives.

The class consists of five separate sections, taught by five different subject matter experts.

"The class is a great opportunity for us. It's rare that soldiers are able to come together for a two-hour situation where we can reach them. Normally we don't see soldiers until they come in for sick call. With this class we can prevent soldiers from needing sick call," said Maj. Ann K. Friedmann, OBGYN, TFME.

Capt. Dana L. Shippey, Physical Therapist, 249th TFME, explains the four principles of fitness that make up the foundation of the course.

"There are four principles involved in exercise: frequency, intensity, time and type of exercise," Capt. Shippey said.

Once you have decided on a goal, whether it's to increase cardiopulmonary endurance, strengthen, or to just look and feel better, a FITT guideline will help accomplish this. The guidelines include

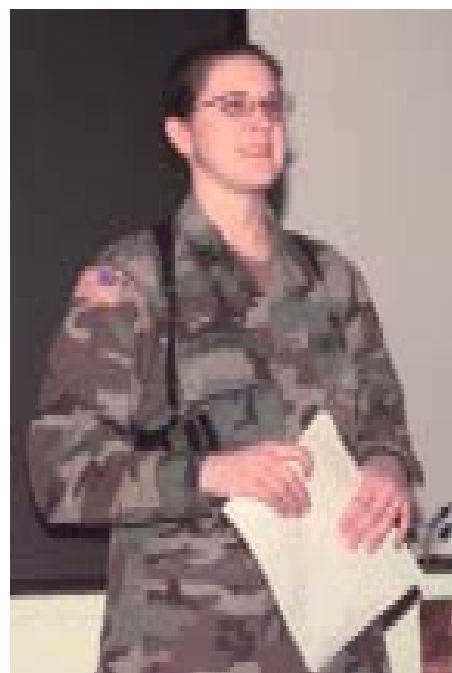
choosing the right frequency, intensity and duration of the exercise for the appropriate goal.

According to Capt Shippey, no matter what the exercises performed, the key to minimizing injury is stretching. Soldiers should stretch both before and after exercise to reduce injury greatly.

The rewards for regular exercise include a decreased risk of heart disease and stroke, improved oxygen utilization, decreased blood pressure, reduced stress, improved muscle tone, and weight control.

"In order to improve, you have to work hard," said Capt. Shippey. Spc. Chris White, TFME, presented information on preventative medicine. Cold weather injuries and how to prevent them were the main focus as winter approaches.

Spc. White stresses that, "soldiers whose duties may include exposure to the



**TEACHING**—Capt. Dana L. Shippey, TF Eagle Physical Therapist, teaches a class about proper exercise, stretching and proper shoe selection.

that he doesn't belong here. The separation from family is an added, but important, issue, as are feelings of isolation. All of these factors contribute to stress. Soldiers are trained to handle high stress environments but sometimes help is needed to relieve the extra stress. Having friends to talk with, or maintaining a steady physical fitness schedule are two effective ways to combat stress.

Maj. Friedmann talked about family planning and sexually transmitted diseases. This class is given to soldiers prior to going on pass, to inform them of possible dangers and ways to prevent STDs.

Maj. Victor Yu, TF Eagle Dietitian and Nutritionist, who organized the Fit Eagle Wellness Program, gave the last class about proper eating, weight control and supplements. Maj. Yu. stressed eating a variety of foods and following the food guide pyramid to getting proper nutrition.

"Forget dieting for weight loss; instead, eat proper foods and exercise regularly," Maj. Yu said.

The Fit Eagle Wellness Program is open to all units who wish to participate. It's goal is to teach soldiers about the health issues they may face everyday and to give them the knowledge to make healthy choices, and, "to keep our soldiers fit and ready to fight," said Maj. Yu.

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**"Forget dieting for weight loss; instead, eat proper foods and exercise regularly"**—Maj. Victor Yu, *TF Eagle Dietician and Nutritionist.*

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elements, such as guard duty, must take special care this winter to prevent injuries."

"Dressing in layers, avoiding getting wet, and watching each other for signs of cold weather injury, is a must," Spc. White said.

Maj. Jorge Torres, the 528th Combat Stress Control Detachment OIC, discussed the uniqueness of a peacekeeping environment and the techniques needed to cope with the stresses involved. "Peacekeeping is intentionally placing yourself between two or more belligerents with the intent of keeping them from fighting," Maj. Torres said. He continued, stating that the stresses of peacekeeping in general are different from those of war. Soldiers are trained to fight and the mission of peacekeeping does not allow that. The soldier's presence may not be wanted on either side and they must not be perceived as taking sides. Soldiers must find ways to cope and deal with these and other stresses impacting their lives.

On a personal level, a soldier may feel



**HEALTH**—A soldier looks on as Maj. Ann K. Friedmann, OBGYN Physician for TF Eagle, conducts a class on STDs, contraception, and pre-pregnancy health during the wellness program.

# 'OPERATION STARLIFT' MAKES VISIT TO EAGLE BASE

Story and photos

By Spc. Matt Burrell

318<sup>th</sup> PCH, Eagle Base

They live in plastic electronic boxes, and are composed of millions of color pixels that give them a surreal quality. For generations they are our heroes and goats, and have made us laugh and cry. Young lives are molded by them, and principles obtained. They are actors from television and film, and they have left the bright lights and city nights of Hollywood to visit the peacekeeping soldiers in the ravaged and war torn Balkans.

Dennis Haskins, 'Mr. Belding' on the ever popular sitcom "Saved by the Bell", Marie Eve Dufault, Miss Hawaiian Tropic 2000, Sheeri Rappaport, from 'NYPD Blue', and Stephen Root, from 'News Radio', arrived at Eagle Base on Nov. 24 to have lunch with soldiers and sign autographs at Triggers.

These actors realize that Hollywood, where so many careers burn out like candles, has little affect on world issues, while war sends shockwaves that echo throughout the world long after the conflict has ended.

"You (soldiers) are the real stars, and I mean that," said Haskins.

**FUNNY MAN—Spc. A Garrett Paige gives a blank look to a fellow soldier after Stephen Root tells him a joke.**



Haskins was called by his publicist, who also represents Root, and asked to participate in Operation Starlift sponsored by the USO. Haskins answered the call without hesitation.

"It's an opportunity," he explained, "this has been the best Thanksgiving ever."

Usually, USO gets together with MWR and plans events like this at least 60 days prior, but this was impromptu. According to Command Sgt. Maj. William J. Gainey, 2<sup>nd</sup> Brigade Task Force Command Sgt. Maj., the stars got together and decided they were going to do this.

Command Sgt. Maj. Gainey stressed the importance of this visit, "We have to treat them special, so that in the future other stars will want to visit."

A long way from the privileged that reside in the states, the actors arrived and were shocked at the condition of the people of the Balkans.

"I'm looking at the people and you see an emptiness in their faces, like something is missing," said Haskins.

"But, I do see hope in the faces of the children. That is where you have to start rebuilding, and that's exactly what you are doing," he added.

After seeing people from every apex and valley of the



**AGENDA—Command Sgt. Maj. Gainey explains to Dennis Haskins, a.k.a. 'Mr. Belding', and the rest of the 'stars' the order of events during 'Operation Starlift'.**

Balkans, Rappaport agreed by saying, "There is definitely an uneasiness. They're looking at you and you can't tell if it's hatred, unease or confusion."

Dufault, who only began speaking English five months ago, and Rappaport, got involved when Haskins called them explaining that there weren't enough women involved with Operation Starlift.

"Dennis called me and told me there weren't enough women on the trip, and to be honest I would have liked to stay longer. The week was too short," Rappaport said.

The group of soldiers that mingled with the actors at Triggers reveled in childhood memories and the ascent of spirits was imminent.

"I've been here for about three months, and miss home quite a bit. This gives us morale

to continue," said Spc. Thomas J. Schoolcraft, Charlie Company, 1st Battalion, 179th Infantry Regiment.

For one soldier the memories of the show "Saved by the Bell" brought him home, if only for a few moments.

"I used to watch Mr. Belding as a kid on Saturday morning sitting on my living room couch," said Spc. A. Garrett Paige, Alpha Company, 1st Battalion 120th Infantry Regiment.

The visit to the Balkans invoked multiple feelings in Haskins.

"It has been many things at once. Awesome, inspiring and sympathetic for a people that hated each other."

The group of actors visited Macedonia, Kosovo, and now Bosnia-Herzegovina during their one-week tour that departed for the US on Nov. 25.



## DOBOL SOLDIER SHARES HOLIDAY CHEER FROM HOMETOWN; 8,000 COOKIES

### Story and photos

By Sgt. Noreen L. Feeney

318th PCH, Camp Dobol

On a cool day in October 1996, Spc. Ryan Fell, a medic with Headquarters and Headquarters Company, 1st Battalion, 64th Armor Regiment, 3d Infantry Division (Mechanized), here, sat in the stands at a Wisconsin high school football game watching his buddies play. During the game, he sat horrified as a player was hit hard in the neck and couldn't move when the play over. The injured player lay paralyzed on the grass for 45 minutes until the medics arrived to take him to the hospital.

"I felt kind of funny, but upset, seeing this and not be able to do anything about it," said Spc. Fell, of Walworth, Wis.

The very next day he made a phone call during his lunch period. He signed up for CPR and was certified just two days after witnessing the football tragedy.

Two days after being certified in CPR and only four after the

**PREPARATION—** Spc. Ryan Fell inspects syringes in his medic's bag to make sure they are sterile and ready for giving flu shots to the soldiers at Camp Dobol.



football incident, Fell started Emergency Medical Technician School and knew he found his calling.

Spc. Ryan Fell joined the Army in 1998, with two years experience as a medic volunteer in his hometown.

"I thought I'd get more high speed training, so I enlisted," he said. "And I get to do a lot of traveling."

At 22, Spc. Fell has already traveled to places most Americans don't. His first assignment was in Korea and his second brought him here.

"I really enjoys being a medic," said Spc. Fell. "It seems to come naturally."

His contract with the Army expires in January of 2002. It is then he plans on leaving the active Army to dig deeper in the realm of medicine and attend school in Wisconsin to earn a license as a physician's assistant.

"I will probably join the (Wisconsin National) Guard to stay in (the Army) as a medic," he said.

Spc. Fell's Army career has been uneventful for the most part, until the day before Thanksgiving when he was notified he had mail.

He said figured it was cookies from his mom because she would occasionally send a big box of cookies for him and his platoon. What he got was totally unexpected. His mom sent him cookies, enough for his platoon and then some.

Spc. Fell said he found out his mother got his girlfriend and other family members to help bake cookies. As word of Spc. Fell spending the holidays in Bosnia-Herzegovina spread through his small hometown, the residents decided to get together and organize a cookie drive for everyone stationed at Camp Dobol with him.

According to Spc. Fell, the result was eight very large boxes of cookies containing over 8,000 cookies, enough for everyone in the camp.

"The Italians took cookies, the contractors, Brown and Root, and Morale, Welfare and Recreation people took cookies," Spc. Fell said.

"The Bosnians would not take any at first because they thought they were only for the soldiers," he said. "but when I insisted, the all went home with some."

Spc. Fell became well known throughout the camp the next four nights as soldiers discovered the cookies and the story behind them. He put up a pad of paper for everyone to sign a thank you to his community back home.

"My mom told me she was in tears after reading some of the email she got from the soldiers," he said.

Spc. Fell said, "It is times like this that it feels great being a soldier."

"I wonder where I would be if there was an EMT at that (football) game; probably still working on a farm."